



The Effectiveness of PPP Intervention on Aggression, Depression and Ability Changes among Prison Inmates in Malaysia

Ms. Saralah Devi Mariamdaran
Prof. Madya. Dr. Noor Azniza Ishak
Universiti Utara Malaysia _
devi@uum.edu.my
noorazniza@uum.edu.my

Abstract

This study examines the effect of Psychoanalysis and Positive Psychology Intervention (PPPI) in reducing the level of aggression and depression on prison inmates in Malaysia. A second purpose of the study was to examine the effect of PPP Intervention increasing the level of ability to change among young inmates. The study was a quasi-experimental pre-posttest involving two groups of 144 young inmates (18-21 years) in one prison in North Malaysia. The treatment group (72) was exposed to 15 sessions of PPP intervention over sixteen days, while the control group (72) was only given the pre-post test questionnaire. ANCOVA analysis results among the group showed that the Intervention was effective in significantly reducing the level of aggression and depression among the study sample. Furthermore, the results show that the intervention was effective in increasing the level of ability to change. It is recommended that PPP Intervention be used as a tool to help inmates to reduce the negative feelings among young inmates. This is the first study of this nature.

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Key words: Aggression, Depression, Ability Changes, Prison Inmates, Intervention

Introduction

It is assumed that young inmates in Malaysia between 18-21 years old. The young inmates are those people range between 18-21 years old (KDN. S. 171/1355 KITZ: PN (PU) 163/11.1.). Saralah (2010) found out that young inmates have some problems such as high level of aggression and depression as well as ability to change is low among young inmates. Specifically, aggression has defined as a hard physical act which hurt another individual (Koeswore, 1998). Koeswore (1998) categorized aggression into two different categories which are: physical and verbal. Furthermore, Buss & Berry (1992), categorized aggression into four categories which are physical, verbal, hostility and anger.

Several studies found that young inmates have high level of aggression (Susman, 1985; Saralah, 2010; Christina, 2008; Michael, 1997), but few studies have done in Malaysia (Saralah, 2010). Aggression is described to be linked to other variables. For example, Michael (1997) says that the aggression happened in every individuals because of the high and low testosterone hormone, he furthered that the high level of testosterone hormone produced high level of aggression, and

because of the aggression the individual will be depressed as well. Depression has been defined as a feeling of sad, down and worry and it can be divided into verbal and non-verbal (Aron-Beck, 1996). Ability change was also linked to young inmate's behavior. Senin (2010) says that the ability change of an individual must come from internal to external. He categorized ability changes into six categories which are: 1- A feeling of not satisfied on current situation and want to do some changes. 2- Realized the lacking of the society and individual him/her self and want to amend it. 3- New changes might require some needs, therefore, the individual need to accept with the needs. 4- There are some problems in adapting the new system, so individual must find away to solve the problem of adapting. 5- An individual will feel bored with the needs of changes so a preparation to face the bored should be created. Finally, open minded to receive, ask, and think to accept the new changes. In conclusion, young inmate's depression is cost by the aggression and there is lacking of ability changes among them because very hard for them to accept any changes.

A wide range of research findings from the field of psychology (Azlina, 2010) training program (Edens, 1999) all provides evidences for individual ability to reduce their aggression and depression level as well as ability changes with sustained effects through systematic programs or interventions. PPPI approach is gaining more and more attention from scholars and educators alike. For instance, Edens (1999) stated that Psychoanalysis is the best approach to treat inmates because it sees the Id, Ego, and Superego of an individual and the self defense mechanism with little modifications. Thus, the current study does not found available publish study which studied the effect of a full techniques from Psychoanalysis's approach on aggression, depression and ability changes among young inmates (Azlina, 2010; Saralah, 2010). Therefore, the present study attempts to reduce the level of aggression and depression as well as higher the ability changes level among young inmates in Malaysia through the use of Psychoanalysis and Positive Psychology techniques approaches Intervention.

Literature Review

Aggression

Aggression behavior of human beings appears through various outcomes. We may not able to conclude that physically or verbally explicit aggressive behaviors are more violent or aggressive, compared to aggressive could be negative attitudes towards their service in prison/correctional counselors, probabilities of problematic behaviors or deceitful manners during incarceration. The present study attempted to explore the utilization of the Malaysian-IPPP has a relationship with correctional officer's evaluations on inmates.

Depression

One of the more influential theories of depression has been put forward by Beck (1978; Beck, Rush, Shaw, & Emery, 1979). According to this, individuals who later become depressed have had early experiences that result in the formation of dysfunctional scheme about the self and the

world. Later in life, the experience of matching stressors can activate these schemes which then bias cognition, including recall, in a negative manner that maintains depression. More recent psychology and counseling theories have built on these ideas (e.g Saralah, 2010), and empirical investigators have examined whether depressed adult do indeed differ from controls in their memory for emotional information. Both studies compare the performance of clinically depressed inmates with controls, and studies using non-clinical inmates with high versus low levels of depression, have indicated that depressed adults show biased recall towards negative information relative to non-depressed adults (e.g. Bradley & Mathews, 1983; 1988; Berry & Kuiper, 1981; Kuiper & Pery, 1982).

Ability Change

Vic Pomeroy (2003) argued that “the prison service was to prove to the public that providing education and skills programs will success in turning the majority of offenders away from crime. If not, this strategy may be viewed as simply filling our prisons with more educated offenders”. Inmates presented a multitude of problems including drug abuse, anger issues, debt, relationship issues, homelessness or other housing issues like mental health issues, unemployment and a mentality of low aspiration. Hoffmann (2003), believe that improving ability changes will magically reduce or even prevent offenders, while there are certainly individuals who would testing to the power of ability changes their lies and putting them back on to the strategy and narrow, most would look at such statement with a degree will only ever be part of a greater deficit. Multiple factors will therefore need to be addressed to make a sustained change in the lives of inmates. The reality, therefore, is that crime is the result of a number of factors and any intervention needs to take account of this and be realistic in its aims.

Related Work

Several studies showed that within the realm of aggression, depression and ability changes variables, there is lack of reporting regarding effective intervention that have been empirically tested (Azlina, 2010; Saralah, 2010). Although this study was unable to find a single study dedicated to studying the combined effect of PPP Intervention on young inmates (Azlina, 2010; Saralah, 2010), there are many studies (Edens, 1999; Jacob, 1959; Steven, 2010) that have evidenced the successful development of PPP Intervention. For instance, Jacob (1959) found that the experimental group can come out with positive changes in term of Id, Ego and Superego after IPPP treatment than control group using technique of transference. In a related study Steven (2010) found that clients were able to understand their feeling of love and hate after joint the experimental design using Counter-Transference technique. In another related study Gabbard (2002) found that giving client freedom to express their feeling and words without restrictions help them to disclose as much as they want share. Patton (1997) said that IPPP treatment must be conducted with the four techniques that introduced by Sigmund Freud. He found that clients do not show that they reduce their depression feelings. Saralah (2010) found that PPPI treatment group managed to control their aggression and depression level after treatment sessions. And the

treatment also helped the young inmates to think in changes their life. Therefore, the primary purpose of this study was to develop PPP Intervention that can lead young inmates to reduce their level of aggression and depression as well as ability higher their ability change.

Objectives of the Study

The current study has several objectives which are as follows:

- 1- To identify the difference effect of PPPI approach toward aggression level among young inmates.
- 2- To identify the difference effect of PPPI approach toward depression level among young inmates.
- 3- To identify the difference effect of PPPI approach toward change ability level among young inmates.

Hypotheses of the Study

Three hypotheses were raised and tested with significant level of 0.05, which are as follows:

- 1- There will a differences effect of PPPI approach towards aggression level between treatment and control group.
- 2- There will a differences effect of PPPI approach towards depression level between treatment and control group.
- 3- There will a differences effect of PPPI approach towards ability change level between treatment and control group.

Methodology

Participants

The study is pre-posttest experimental control groups design 2x3 factorial designs. The various factors are (experimental and control groups), and three dependent variables which are (aggression, depression and ability change). A total of 140 young inmates in Malaysia and a purposive sample are drawn from the population based on their crimes. Participants were randomly assigned into experimental and control groups.

Instruments

Three instruments have been used in this study in order to collect data from respondents which are as follow:

_ Aggression Questionnaire: the scale consists of one dimension which adapted from Buss and Perry (1992). The scale comprised of 29 items and ranged from 1- strongly disagree into 5- strongly agree.

_ Beck Depression Inventory: the scale consists of 21 items which adapted from Aaron T. Beck (1996). The items were ranged from 0- not sad into 3- very sad.

_ URICA SCALE: the scale was used to measure ability changes among inmates and was adapted from James O. Prochaska (University of Rhode Island Changes Assessment, 1993). The scale consists of four dimensions with 32 items. The four dimensions are:

1_ Precontemplation which consists of 8 questions.

2_ Contemplation which is consists of 8 questions.

3_ Action which consists of 8 questions.

4_ Maintenance which consists of 8 questions.

Procedures

This study has developed PPP Intervention and participants were assigned to groups for two months. The experimental group was given 15 sessions within the duration of two months. Otherwise, the control group was not given any treatment. 13 trainers were involved in the intervention. The intervention was executed through group discussion, observation, demonstration, experimental and feedback. Summary of the treatment is presented below:

Session1: Introduce trainers to trainee and vice versa.

Session 2: Created goals and objectives of the group.

Session 3: Transferring technique to help participants express feeling of loves.

Session 4: Transferring technique to help participants differed the feeling of hates.

Session 5 and 6: Counter-transferring technique to facilitate the feeling of loves and hates.

Session 7 and 8: Free associate to express any of their feelings in the group.

Session 9 and 10: Resistance to identify a client who do not share anything and help them to talk.

Session 11 and 12: Gratitude to make the client understand and appreciate.

Session 13: Summary about the previous sessions (RECAP).

Session 14: Closing of the intervention (secret well exercise).

Session 15: Farewell Party (friendly match among inmates).

Results

Univariate analysis of covariance (ANCOVA) was used to analyze the data collected through pre-posttest treatment administration.

Hypothesis one: there will be significant differences in the effect of PPP Intervention between treatment and control group on the level of aggression. The result of the ANCOVA in table 1 showed that there was a significant difference between participants in treatment and control group on the level of aggression ($F= 1632.184$, $P=.000$, $<.05$). It showed that treatment group was effective to reduce aggression level ($M=1.58$, $SD= .232$) comparing with control group ($M= 3.80$, $SD= .384$).

Table 1 Results of ANCOVA for Between-Subjects Effects: Aggression test Scores: ** $P < .05$

Source	Dependent variable	Type III Sum of Squares	df	Mean Square	F	P
Group	Aggression	165.287	1	165.287	1632.184	.000

Hypothesis two: there will be significant differences in the effect of PPP Intervention between treatment and control group on the level of depression. The result of the ANCOVA in table 2 showed that there was a significant difference between participants in treatment and control group on the level of depression ($F= 88.094$, $P=.000$, $<.05$). It showed that treatment group was effective to reduce depression level ($M=.572$, $SD= .279$) comparing with control group ($M= 2.141$, $SD= .797$).

Table 2 Results of ANCOVA for Between-Subjects Effects: Depression test Scores: ** $P < .05$

Source	Dependent variable	Type III Sum of Squares	df	Mean Square	F	P
Group	Depression	88.094	1	88.094	386.364	.000

Hypothesis three: there will be significant differences in the effect of PPP Intervention between treatment and control group on the level of ability change. The result of the ANCOVA in table 3 showed that there was a significant difference between participants in treatment and control group on the level of ability change ($F= 1195.538$, $P=.000$, $<.05$). The mean scores of the

treatment group was ($M=1.68$, $SD=.340$) and the mean scores of control group was ($M= 3.732$, $SD=.368$).

Table 3 Results of ANCOVA for Between-Subjects Effects: Ability Change test Scores: ** $P < .05$

Source	Dependent variable	Type III Sum of Squares	df	Mean Square	F	P
Group	Ability Change	146.501	1	146.501	1195.538	.000

Conclusion and Discussion

In conclusion, the results of descriptive statistics showed that there were significant differences between treatment and control groups on the dependent variables, aggression, depression and ability changes. The result of treatment and control groups showed that the participants in treatment group had reduced their aggression, depression levels than participants in control group. Results of ANCOVA showed that there were significant differences between treatment and control group on aggression depression and ability change scores. Therefore, one study contribution is developing PPP Intervention which has been not developed before based on literature search. Therefore, this study indication of the significant differences between treatment and control groups on the all variables. The findings help correctional officers to apply the effective intervention towards young inmates in order to reduce the level of aggression, depression as well as to higher their ability changes.

This study is similar to other studies and has some limitations. First the facilitators used in this study are also inmate's correctional officers, so the sharing among inmates and trainers was limited. Therefore, future study should chose strangers to apply the Intervention. Another limitation of this study is the fact that quantitative data is taken through self-report measures; therefore, there is ample chance that participants chose answers which were not their true experience (Creswell, 1994). Therefore, this study recommended that future researches use qualitative methods.

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